

Summertime Living is Easy with Plant-Based Butter-ed Foods

(NAPSI)—From blueberry pies with flaky buttery crusts to grilled buttered corn on the cob, summer is filled with delicious foods that bring people together. Now summertime eating is getting a makeover by swapping that pat, dab or dollop of regular dairy butter with dairy-free Plant Butter.



Swap plant-based foods in with your favorite summer treats for a new, healthy twist!

The trend toward plant-based eating has become a full-fledged food movement! With prominent foodies—chefs, celebrities, and authors—sharing their personal stories of switching to plant-based diets for taste, health, and better-for-the-environment reasons, more and more consumers are embracing delicious, nutritious foods derived from plants.

What's a plant-based diet? It's focused on foods mostly made from plants—not just vegetables and fruits, but also nuts, seeds, whole grains, legumes and beans. Plant-based diets also tend to be healthier because they are rich in fiber, good fats and added nutrients, like vitamins.

Plant-based foods are showing-up in grocery stores across the country—including the dairy aisle. Like Country Crock® Plant Butter—a dairy-free, plant-based butter that tastes like dairy butter. It's made from plant-based oils and features avocado oil, olive oil, or almond oil in sticks and tubs. It's gluten-free, kosher, and is suitable for vegan diets as it's stamped "Certified Plant Based" through the Plant Based Food Association.

So what about a dessert to round out that summer BBQ? A berry swirl butter cake made with Country Crock® Plant Butter is easy to make and delicious. It is sure to stir up

some talk when folks find out it's made with Country Crock's dairy-free Plant Butter! Try more recipes on www.country-crock.com

Berry Swirl Butter Cake

Makes: 8 servings
Prep Time: 15 minutes
Cook Time: 30 minutes

1 cup (2 sticks) Country Crock® Plant Butter, softened (you can use Country Crock® Plant Butter with Olive Oil, Avocado Oil or Almond Oil)

1 cup granulated sugar

4 large eggs

¼ cup milk

1 tsp. vanilla extract

1 ½ cups all-purpose flour

1 tsp. baking powder

½ cup seedless raspberry jam

- 1.) Preheat oven to 350°F. Grease 9-inch square baking pan and line with parchment allowing extra to hang over the sides. Grease parchment.
- 2.) Beat Country Crock® Plant Butter with sugar in large bowl with electric mixer until light and fluffy, about 3 minutes.
- 3.) Beat in eggs, one at a time, then milk and vanilla. Add flour and baking powder and beat on low speed just until blended. Pour batter into prepared pan.
- 4.) Stir jam until smooth. (If jam is thick, microwave 20 seconds then stir until smooth). Drop dollops of jam all over the top of cake and use a knife to swirl the jam through the surface.
- 5.) Bake 30 minutes or until a toothpick inserted into center of cake comes out clean. Let cool for 20 minutes before lifting cake out of the pan to cool completely.

Learn More

For more facts, tips and recipes, go to www.countrycrock.com.

Four Captivating Reads To Fill Your Days

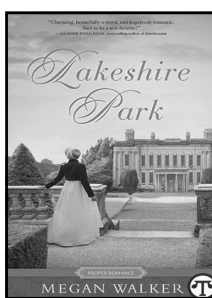
"L.A.'s Last Street Cop" by Al Moreno

(NAPSI)—It's been called probably the most entertaining and chilling police tale you'll read this year. This gripping memoir vividly recounts Al Moreno's rise as a gifted and fearless Los Angeles police officer, surviving gangs and homicidal situations in brutal urban war zones as he strives to achieve his personal and professional dreams.

Packed with unforgettable scenes of both beauty and despair, it culminates in his vocal stand against corruption within the LAPD and the political retribution that ensued—a dirty internal investigation that unleashed the murderous vendetta of a violent ex-con from the Aryan Brotherhood. A vivid, true-life tale of service, survival and sacrifice. From Highpoint Lit, purchase at <http://www.laststreetcop.com>.

"Lakeshire Park" by Megan Walker

Brighton, England, 1820. Amelia Moore wants only to secure the future happiness of her younger sister, Clara. With their stepfather's looming death, the two sisters will soon be on their own. An invitation arrives to join a house party at Lakeshire Park. If she can encourage a match between Clara and



their host, Sir Ronald, then her sister will be taken care of. But another guest, the arrogant Peter Wood, is after the same goal for his sister. Amelia and Peter begin a rivalry but competing against Peter makes Amelia vulnerable to losing the only thing she has left to claim: her heart. From Shadow Mountain Publishing, purchase at <https://shdwmtm.com/lakeshire-bktrib-bites>.

"Watermark: The Broken Bell Series" by Elise Schiller

The oldest child in a troubled Philadelphia family, Angel Ferente struggles to care for her three sisters while pursuing her goal of attending college on a swimming scholarship. She has a problematic relationship with her mother, Pic, who uses alcohol and drugs and at one point lost custody, and a hostile relationship with her stepfather.

Angel is the center of stability in the household. Then Angel goes to a team party on New Year's Eve—and doesn't come home. In the wake of her disappearance, her teammates, her coach's church, and

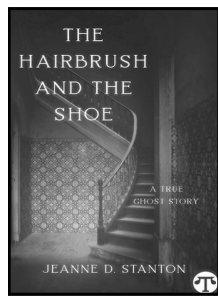
her family search the city for her. The result changes their lives forever. From SparkPress, purchase at <https://amzn.to/2TKeTKs>.

"The Hairbrush and the Shoe" by Jeanne D. Stanton

When a workman is pushed and hissed at by something invisible on the stairs of her family's 150-year-old townhouse, Jeanne Stanton must confront the possibility of a ghost. As a former Harvard Business School case writer, she embarks upon a rigorous search for proof, exploring the literature and lore of ghosts; mediums, psychics, and "ghost busters;" and more. A visit to a psychic provides insights but not proof.

Notables encountered during her research include Henry James, Arthur Conan Doyle, Oliver Sacks, and Sigmund Freud. Determined to get to the bottom of the ghost business, Stanton searches for definitive evidence—and almost fails to find it. Almost. Purchase at <https://amzn.to/2JyNwFO>.

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May 13th, 2020

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